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Pharmacies offer HIV test

HEALTH

21 per cent of those infected don't know they have it


Kevin Maimann
Metro | Edmonton

HIV screening tests are now available at some Alberta pharmacies as part of a six-month study launched Tuesday.

The University of Alberta was instrumental in getting the project off the ground, in light of Public Health Agency of Canada numbers estimating 21 per cent of people who are HIV-positive are unaware of their status.

"Basically we want to know, is testing in a community pharmacy setting feasible and acceptable for clients, and does it reach groups who are at risk of HIV," said Christine Hughes, vice dean of the U of A's faculty of pharmacy and pharmaceutical sciences.

The U of A is partnering with Newfoundland's Memorial University on the study, which will see tests offered at the Community Members Pharmacy in

downtown Edmonton and a Shoppers Drug Mart in Fort McMurray.

The screening test uses a finger-prick blood sample to give results within a minute.

Laura Keegan, director of research development with HIV Edmonton, said there are cultural, physical and accessibility barriers that prevent people from getting tested in Edmonton. Some people might be afraid of the results or uncomfortable going to an STI clinic, while some might not be aware they were ever at risk — as HIV messaging tends to specifically target people who inject drugs and men who have sex with men.

Keegan said effective testing methods, coupled with treatment, could eventually wipe out the infection.

"It's hugely important that people know their status. Treatment is so effective now, and with very low side effects," she said. If people are treated early and adhere to their care regime, their viral load can dwindle to the point where it is impossible for them to transmit HIV to another person, she said.

According to the Public Health Agency of Canada, the number of Canadians living with HIV rose 9.7 per cent from 2011 to 2014, to a total of 75,500.



STILL FIGHTING

New research to tackle mental health of those who fought the Fort McMurray fire **metroNEWS**



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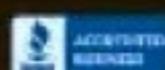
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Bridge barriers raise suicide questions

MENTAL HEALTH

Holes in High Level Bridge cause concern

Jeremy Simes
Metro | Edmonton

A bunch of tiny blue flowers marked the spot of a two-metre-long hole in the High Level Bridge's suicide barriers Tuesday, raising questions about the installation's effectiveness.

"If the city didn't have spare parts to fix it, that would be disappointing," said Dan Klemke, whose wife, Marilyn, died after jumping off the bridge in 2013.

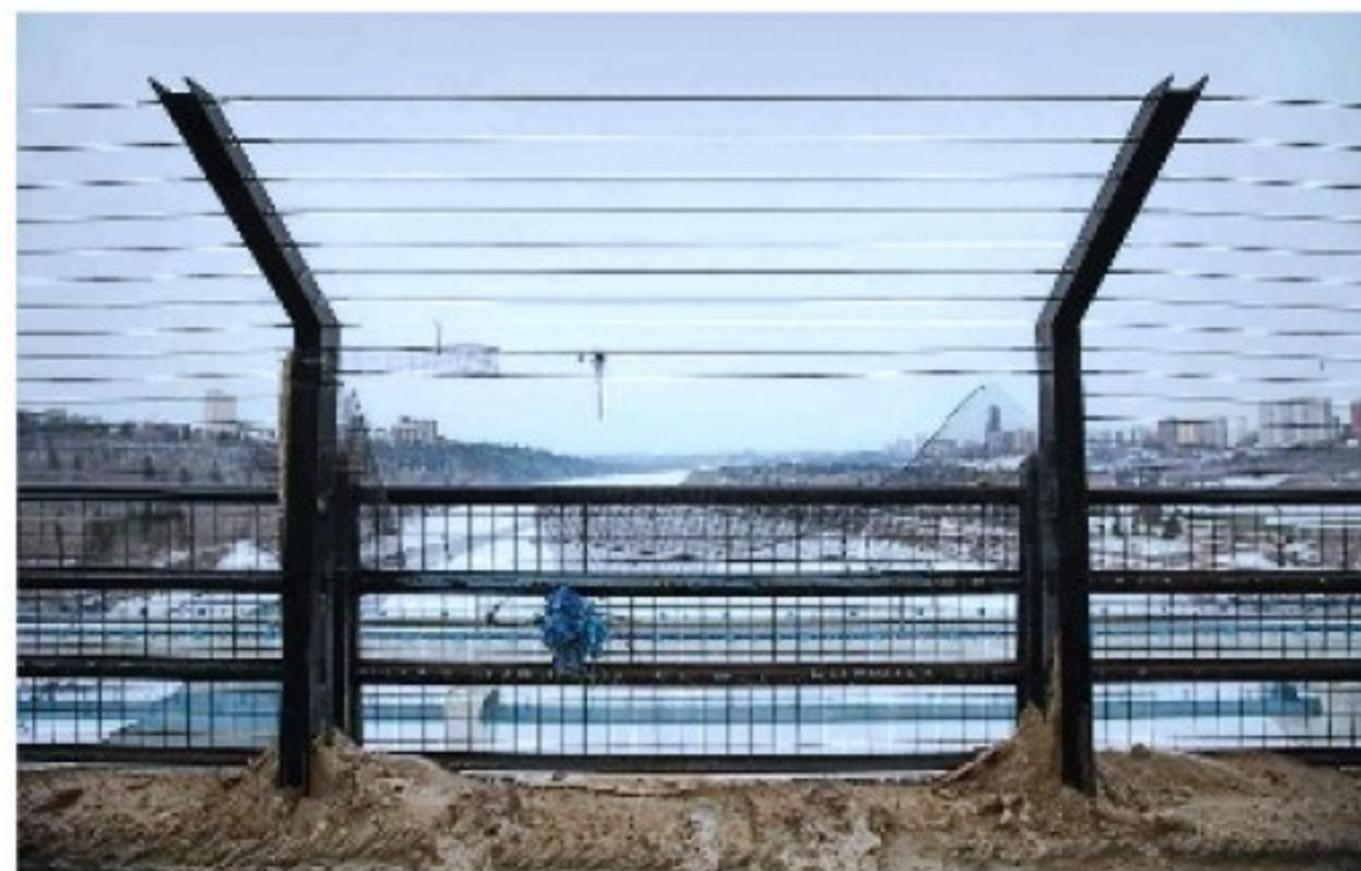
"But by the same token, you can't control what people are going to do."

The city confirmed Tuesday that the six metal cables that span the length of the barriers were cut in mid-February, an act of vandalism city spokesperson Kelly FitzGibbon said would likely have required bolt cutters.

The gap was then covered by rigid plastic mesh, which has also been ripped away.

Neither the city nor police could confirm whether a person had jumped from the bridge since the hole was cut.

Klemke was one of the most vocal advocates for a barrier on the High Level before the city



Blue flowers pinned to a portion of High Level Bridge. The city says the metal wires were vandalized, prompting officials to install mesh, which was later ripped. KEVIN TUONG / FOR METRO

began installing the current three-metre fences in early 2016.

Edmonton police reported in 2014 they responded to 41 suicide attempts from the bridge over the two years prior.

But Klemke said the barriers are still effective for those who need a moment to reflect.

"If someone is going to go the effort to cut wire, I don't know what you could do to stop that," he said. "No matter what engineering process you put in place, someone will

41

Number of High Level Bridge suicide attempts
Edmonton police responded to between
2012-14

find a way around it."

Marilyn suffered from an adverse drug reaction before she died, he said.

"The barriers will save lives." FitzGibbon said the barriers

weren't intended to prevent all suicides.

"The safety barriers were meant to be a deterrent for people," she said. "So if they are in a time of crisis, they have a moment to pause."

The temporary mesh will be replaced Wednesday, FitzGibbon said, and replacement cables are being manufactured.

"We don't have an installation date for the permanent pieces at this time. However, we're hoping by the end of April," she said.

POLITICS

Now the time to end Daylight Saving?



Brodie Thomas
Metro | Calgary

So long, Daylight Saving Time — hello, Alberta Standard Time.

Edmonton-South West MLA Thomas Dang introduced his Private Member's Bill in the legislature Tuesday, to amend the Daylight Saving Time Act, and move the province to one time all year round.

Bill 203, the Alberta Standard Time Act, would create a single time zone within Alberta that would be the same as Saskatchewan's non-changing time zone.

"I've talked to a lot of my colleagues and they're generally supportive of this," said Dang, who added there's always a chance the bill could die on the floor.

A recent provincial government survey showed 80 per cent of Albertans do not want clocks to spring ahead and fall back each year. The survey also showed a preference for more light in the evenings.

Although the process has been set in motion, Dang said he's still looking for input on the bill.

"There's still an opportunity for some amendments to go forward. Now that it's been tabled, Albertans might have

more feedback," he said.

Feedback can be sent through albertandpc.ca/dst.

The change could present some logistical issues for the handful of BC communities that were also on Mountain Standard Time.

Clara Reinhart, mayor of Radium Hot Springs, said the changes that happen in Alberta can have an impact on the whole of the Columbia Valley.

"A large number of our visitors and part-time residents

are from Alberta," she said. "With most of East Kootenay being on Mountain Time, it has been easy to come back and forth on weekends, and manage appointments and tee

times."

She said although it's not serious yet, there is a movement in BC to stay on standard time year-round.

"I believe that time zones need to be managed collectively between provinces and not in isolation," she said.

The state of Montana is also considering a move away from Daylight Saving Time.

A bill in that state's senate would have Montana on Mountain Standard Time year round.

If Montana and Alberta both make the planned changes, it would mean a one-hour time change when crossing the national border.



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Clothing to keep winter at bay

TECHNOLOGY

Garment lets people with disabilities step outdoors

Matt Kieltyka
Metro | Edmonton

Ability, not disability, was the inspiration behind a new line of accessible clothing that lets people with mobility issues venture into Edmonton's great outdoors, no matter how cold.

Megan Strickfaden, an associate professor at the University of Alberta in material culture and design studies, has co-invented a set of garments that can be used by people in wheelchairs, trail riders and sit skis even when temperatures dip below -20 C.

"There are lots of people

who have undergone injuries because of sporting activities, they are outdoorsy people, and they want to continue doing outdoor activities," she said.

"Because winter is such a huge part of our outdoor activity experience, one of the problems is that although we have equipment like sit skis, skates and trail riders, there is absolutely nothing on the market that would go down to -10, -20, for people who have mobility challenges."

Right now, she said many people resort to using sleeping bags.

"(They're) actually one of the better solutions, but they are meant to be stayed in overnight, not to open up and change over time. There simply wasn't anything that was suitable."

So Strickfaden partnered with visiting scholar Xioakun Yu, from China's Donghua University, to develop a three-piece garment (consisting of

two types of leg covers and a cape) that protects people from harsh winter elements while still allowing them to easily get in and out of it and access everything they may need.

A series of three-way zippers can be adjusted anywhere

along the body, allowing the garment to be used by people with a wide range of mobility.

Others are able to access the zippers with just their teeth, Strickfaden said.

"The thinking is how you can maximize the ability of

the person," she said.

Those people include Danny Wein, who helped field test a prototype of the product.

"Compared to many urbanites in wheelchairs, I have much outdoor clothing now," he told Metro, via his father



Danny Wein, 39, an avid outdoorsman who has been unable to walk since injuring his brain stem in a motorcycle injury in 1998, wears the clothing on a trail rider. With him are Megan Strickfaden, co-inventor of the clothing, and his father Ross Wein. CONTRIBUTED/JESSICA FERN FACETTE

“This outerwear will allow me to get closer to nature in colder weather.”

Danny Wein

anything that was suitable."

So Strickfaden partnered with visiting scholar Xioakun Yu, from China's Donghua University, to develop a three-piece garment (consisting of

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A look at proposed plans to increase security measures in council chambers.

COURTESY CITY OF EDMONTON

Councillors split on higher security

SAFETY

Staff urging increased measures in wake of threats



Jeremy Simes

Metro | Edmonton

City councillors are still split on upping security in council chambers, with some seeing the changes as preventative measures while others question whether they're warranted.

City staff made their case for the security measures Tuesday at the executive committee, pointing to recent crimes as evidence Edmonton is seeing an increase in random acts of violence.

MILDRED LAKE

Fire at oilsands site injures one

An explosion and fire at a Syncrude Canada oilsands site in northern Alberta injured one worker as crews fought the flames.

There was a big plume of black smoke at the Mildred Lake upgrader Tuesday afternoon but the smoke was dissipating, said Will Gibson, a Syncrude Canada spokesman.

"Our concern right now is with ensuring the fire is contained and extinguished and people are safe," Gibson said from the site.

Alberta Health Services said emergency medical staff transported one person in serious

If approved, there would be bag checks, metal detectors and a partition dividing city officials from the public in the council chamber.

Officials noted Edmonton's crowbar attack last week that left one woman with broken arms, Monday's incident which saw police shoot a man with a firearm and the 2014 stabbings at a Loblaw warehouse.

"People are targeting what's going on in chambers, to back up our claim that's going on here," said Dean Sydowski, director of security, referencing threats councillors received during debates on Rogers Place and Blatchford redevelopment.

But some councillors said crime overall was actually decreasing in Edmonton.

Coun. Scott McKeen, for one, said the city needs a better sense of risks that actually apply to council, as staff

couldn't point to serious incidents that occurred in chambers in Canada.

McKeen said risks could increase if the city feeds fear and mistrust.

"I hate the idea of people having to go through metal detectors and bag searches to come to council," he said.

Coun. Dave Loken said he's in favour of the change.

"This is about prevention," he said.

In the end, councillors voted to move the debate to council next week.

That had Mayor Don Iveson seemingly pleased.

"Fortunate for me, I'll be on an airplane, so it's up to you guys," Iveson told committee, as he's off to Ottawa next week.

"I don't think it should be up to us (to make the decision). It should have been an administrative decision."



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Long-term effects of Fort Mac

EMERGENCY SERVICES

Researcher gets \$500K to test health of firefighters

Matt Kieltyka
Metro | Edmonton

Nicola Cherry knows life will never be the same for some of the 3,000-plus firefighters who risked their lives to battle the Fort McMurray wildfire last year.

At the time, the University of Alberta epidemiologist and her team were also on the ground in northern Alberta, testing the respiratory systems of some 350 responders after they were exposed to heavy smoke and ash.

Already, there were signs of long-term health concerns.

"Immediately after the fire, a large number of people did have problems with coughing and wheezing and feeling breathless. Most, or many, reported getting better three



University of Alberta researcher Nicola Cherry is studying the long-term health impacts of firefighters who battled the Fort McMurray wildfire. KEVIN TUONG/FOR METRO

months later. But not all," Cherry told Metro. "An appreciable number of those people did also report mental health

problems.

"Those who were actually from Fort McMurray have particular problems because they

could see their houses burning, they could see other people's property burning and they had a very direct emotional involve-

ment with the city. Not being able to stop it from being destroyed was very emotional for that group."

Cherry now hopes to follow-up with those firefighters, and thousands more, thanks to a \$500,000 grant from the Canadian Institutes of Health Research awarded Tuesday.

She hopes to recruit every firefighter in Alberta who helped fight "The Beast," as the wildfire was known, into a two-year study involving a series of questionnaires and consent to access their health records.

"With a large group of thousands, we should then be able to pick up any unusual medical conditions that develop as a result of the fire and come up with recommendations about the sorts of supports that were in place, or should have been, to help people deal with mental health problems," said Cherry.

"Those people were working in really frightening conditions, this was not a friendly fire," Nicola Cherry

Cherry believes that society as a whole has gotten better at recognizing post-traumatic stress disorder and taking it seriously, but it isn't the only mental health concern after a fire like the one that ripped through Fort Mac.

"For firefighters, PTSD is recognized as something they do get and are compensated for," she said. "I think some of the longer-term issues of anxiety and depression, that don't formally come under PTSD, are perhaps under recognized."

When an out-of-control wildfire swept into Fort McMurray last May, it destroyed thousands of homes and forced the evacuation of nearly 90,000 people.

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From early 2017 to late 2018, the City of Edmonton will be expanding the Ribbon of Green plan for the North Saskatchewan River Valley and Ravine System, with a focus on areas in the northeast and southwest corners of the City.

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Edmonton

POLITICS

Poll: Conservatives favour tax hike for richest Albertans

Kevin Maimann
Metro | Edmonton

Even conservatives feel the richest one-fifth of Albertans don't pay enough taxes, according to a new survey.

In a poll taken in January by McAllister Opinion Research for the Parkland Institute, 70 per cent of respondents said they think the richest don't pay enough in taxes — including 66 per cent of PC supporters and 64 per cent of Wildrose supporters.

Among those who identified as NDP supporters, that number rose to 84 per cent.

"That's kind of interesting given the anti-tax rhetoric in the province from various organizations, but there is a sense of fairness that Albertans have," said Parkland Institute Director Trevor Harrison, who is also a sociology professor at the University of Lethbridge.

"That result is kind of mirrored in other jurisdictions as well, not just in Canada but around the world. There's a general sense that there are some people that are just not paying their fair share."

The poll also showed 61 per cent of respondents, including 56

per cent of PC supporters and 48 per cent of Wildrose supporters, feel "major corporations" do not pay enough in taxes.

In total, 15 per cent of Albertans said no one should pay more taxes than they do now — and nine per cent said everyone, including themselves, should pay more taxes.

The poll also asked respondents whether they would be willing to pay more income tax to facilitate various hypothetical projects, and found 57 per cent would shell out to reduce emergency room and surgery wait times, although only nine per cent of Wildrose supporters backed that idea.

A majority of people were also willing to pay more to increase long-term care access for seniors.

"Those kinds of things validate some people's perceptions that Albertans really are not as right-wing or as hard-hearted as some people might think," Harrison said.

The results are based on an online survey of 1,174 people across Alberta, recruited to replicate a cross-section of the Canadian population using Statistics Canada 2017 projections on region, age and gender. The margin of error at 95 per cent confidence is 2.88 per cent.

BY THE NUMBERS

70

The percentage of Albertans who say the richest one-fifth don't pay enough taxes. That includes 84% of NDP supporters, 66% of PC supporters and 64% of Wildrose supporters.

26

The percentage of Albertans willing to pay more income tax to build a high-speed train between Edmonton and Calgary.

41

The percentage of Albertans who would be willing to pay more income tax to offer tuition-free post-secondary education for all those who meet entry requirements.

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City staff have pot on the brain

MARIJUANA

Officials mull ground rules for looming legalization

Jeremy Simes
Metro | Edmonton

City staff are laying the ground rules for possible legal pot shops in Edmonton.

Councillors discussed a city report Tuesday that provides an initial look on what legal pot could look like as the city waits for the federal government to release more details on plans to legalize the sale of cannabis for recreational use.

In the report, the city proposes adding "cannabis retail sales" and "cannabis lounges" to a bylaw that currently regulates development of bars and retail stores.

If the amendments aren't

made, it would suggest people looking at opening a pot shop could skirt around the rules, senior city planner Colton Kirsop told council.

"The idea of moving forward with these changes is we will create new uses so, upon legislation, if anyone wants to open a retail sale, they'll have to come and get a new development permit for that," he explained.

The bylaw would outlaw growing cannabis in greenhouses and garden centres, in addition to urban outdoor farms, non-commercial farms or rural farms unless licensed by Health Canada.

Currently, people can grow medical cannabis in Edmonton's industrial areas as long as they are licensed by the federal government.

Councillors voted to move the proposed changes for further debate at a public hearing later this year, where staff will likely return with more details, like where pot shops would be

We should really be considering those high fees.
Coun. Dave Loken

permitted.

"The road to legislation could take up to a year or more," Kirsop said. "Conversations have also been initiated by the province."

The city is also looking at ways to generate revenue from legal pot shops, which could come in the form of licensing fees. For instance, Vancouver charges marijuana dispensaries \$30,000 per year.

"We should really be considering those high fees," Coun. Dave Loken told council. "Especially if the feds or the province don't step up, we're going to be stuck with the enforcement."

The federal government's draft legislation is expected in June.



City staff are taking another step to lay the ground rules for legal pot shops in Edmonton. METRO FILE

ECONOMY Second place in second hand

Helen Pike
Metro | Calgary

Edmontonians sure love a deal, and second-hand buying and selling is such a hot commodity that Kijiji is taking notice.

In 2016, Edmonton earned the second-place ranking Canada-wide for how much residents buy, sell and donate used goods. Calgary came in first.

"We looked at the relationship between the level of wages and unemployment rates and the index, and we find that areas where the wages are higher and where unemployment is lower tend to do better," said Marie Connolly, professor of economics from the Université du Québec à Montréal who helped Kijiji on its third annual Second-Hand Economy Index.

She said that although the province has been hit with a downturn in recent years, it's still holding its own.



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Urgent help needed for teens leaving child welfare system

VULNERABLE

Advocate calls for change in wake of report on youth's death

Kevin Maimann
Metro | Edmonton

The murder of an 18-year-old Alberta man highlights urgently needed help for youth transitioning out of the child welfare system, according to a new report from Alberta's Office of the Child and Youth Advocate.

The 30-page report released Tuesday concludes an investigation into the death of a man referred to as "Peter," who was killed nine months after child intervention involvement in his life ended.

Child and Youth Advocate Del Graff said much of the trauma suffered by Peter, who was Indigenous, could be traced back



Alberta's Child and Youth Advocate Del Graff is calling for better policies for youth in transition from care. KEVIN TUONG/METRO FILE

to "the effects of colonization on Indigenous people" and historical and ongoing losses endured by his family.

When Peter was six years old,

police visited his family's home with a caseworker and found him and his parents intoxicated. He was hospitalized and talked about being abused and wanting

to kill himself. He was placed in his grandparents' care until his parents completed addictions treatment.

His father died when Peter

was eight, his grandparents both died within the next two years, and his mom committed suicide two years later.

He started using alcohol and drugs to cope and was placed in a rural group home at age 15. He excelled in art and sports but suffered anger and addiction issues and had low cognitive functioning.

At 17, he was moved to a new group home in another city, away from his girlfriend, and overdosed "because he did not want to live without his girlfriend."

He could not stay at the group home beyond his 18th birthday, and returned to his First Nation to stay with a relative. Peter was the victim of a homicide about nine months after turning 18.

The investigative report recommends the Children's Services Ministry ensure that policies regarding transitioning youth of care are "fully understood and implemented."

A panel is in the midst of an ongoing review into deaths in the child welfare system.

CRIME

Lawyer charged in counterfeit money case

A lawyer in central Alberta is to stand trial later this year on charges of possessing counterfeit currency and possession of a restricted weapon.

Bradley James Mulder, 44, of Red Deer, was charged after the RCMP searched a home in Sylvan Lake on Feb. 7.

Police seized alleged counterfeit Canadian and U.S. currency, numerous printers and other material used in the production of bogus money. Mounties also charged a 32-year-old woman.

Nicole Armstrong is accused of using counterfeit money in Stettler in January.

Both are to face trial in Red Deer provincial court Sept. 18.

Last October, Mulder was suspended by the Law Society of Alberta under Part 3 of the Legal Profession Act.

"We are unable to provide the details of Mr. Mulder's suspension," said society spokeswoman Colleen Brown.

Joseph Shafir of Edmonton was appointed custodian of Mulder's practice following his suspension. THE CANADIAN PRESS

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Hoffman sorry for 'sewer rats' quip



Alberta's Health Minister Sarah Hoffman faced swift backlash on social media for a comment she made during question period on Monday. PHOTO CREDIT IN SMALL CAPS

SHARE YOUR FEEDBACK

Proposed rezoning of properties in Strathcona

You are invited to a Public Open House to discuss a proposed rezoning in Strathcona at 8904 & 8920 - 99 St NW and 9922, 9924 & 9926 - 89 Ave NW.

Date: Wednesday, March 22, 2017

Time: 6:30 to 8:30 p.m. (Drop-in, no presentation)

Location: King Edward School, 8530 - 101 St NW

The proposed rezoning would accommodate a mixed use tower with commercial uses at ground level & residential units above. The proposed change in zoning is from the (CNC) Neighbourhood Convenience Commercial Zone and (RA7) Low Rise Apartment Zone to a (DC2) Site Specific Development Control Provision. The proposal includes:

- 95 m in height (approx 31 storeys) · 240 dwellings
- 6.5 Floor Area Ratio · Underground parking
- Commercial uses at the ground level on the east portion facing 99 Street NW and 89 Avenue NW

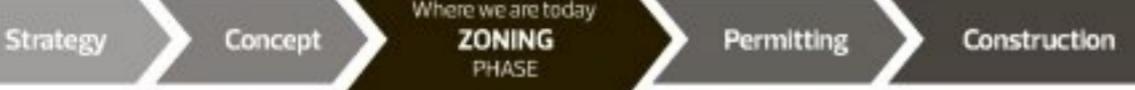
· Townhouse style dwellings on the west portion facing 89 Avenue NW

An application has also been made to close a portion of the lane west of 99 Street NW to accommodate the proposed development. Traffic flow from the east-west lane to 90 Avenue NW will be maintained. Vehicles will still be able to access the site from 89 Avenue NW, but this would be on a private lane and no longer on a City owned lane.

In addition, an application has been made to amend the Strathcona Area Redevelopment Plan (ARP) to change current policy that does not support development of this height at this location. The City is looking for your input on the proposed rezoning.

For more information:

Andrew McLellan, Planner P: 780-496-2939
E: andrew.mclellan@edmonton.ca



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ETHICS

Apology on the record for comment to Opposition

Alberta's deputy premier is apologizing for a comment in which she accused the Opposition Wildrose party of hanging out with "sewer rats."

Sarah Hoffman said she was sorry on the record in the legislature on Tuesday and repeated her apology later outside the house.

"I apologize to members of the assembly and also to anyone else who was offended by those remarks," said Hoffman, who also serves as health minister.

"I spent many years in public education (and) I encouraged students to use their words with caution and choose them wisely, and I failed to do so."

Hoffman said it was an off-the-cuff remark.

"There's no excuse," she said. "Any time you start trying to justify using words that are hurtful and full of vitriol,

it only perpetuates the issue further."

"I have certainly been on the receiving end of many of those. I wish I would have gotten a clean apology, and I'm doing that as well."

Hoffman made the comment during an exchange in question period Monday with Wildrose whip Jason Nixon.

Nixon accused Premier Rachel Notley's NDP of ignoring the hardship their economic policies are having on Alberta families by urging those paying the carbon tax to make better choices to reduce their carbon footprint.

"For a government that has shown such gross incompetence, when is the premier going to ask herself to make better choices?" asked Nixon.

Hoffman stood up and told the house the NDP is working to help families.

"We're creating jobs. We're cutting school fees. We're freezing tuition. The members opposite just want to keep jacking those things up," she said.

"We're focused on hard hats. They're spending a lot of time with sewer rats."

The Wildrose accused Hoff-

man of calling all the party's supporters sewer rats. The issue gained traction on social media as Wildrosers labelled themselves vermin in tongue-in-cheek pictures.

On Tuesday, Nixon said he accepted Hoffman's apology, but the remarks still reflect a level of disdain in the NDP caucus.

"There's a habit ... of the government automatically going to what I perceive as name-calling that is often inferred towards the people that support my party," Nixon said outside the house.

The exchange reflected heightened acrimony and hyperbole in the legislature question period as Notley's NDP approaches the mid-term of its four-year mandate.

Opposition members routinely accuse the government of making a bad economic situation worse with new fees, such as the carbon tax, and steep increases to minimum wage — meanwhile, the NDP often equates opposition demands to reduce spending as a clarion call to slash front-line budgets in areas such as education and health care.

THE CANADIAN PRESS

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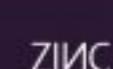
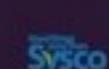
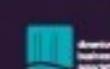
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Finance Minister Joe Ceci presents a new pair of soccer shoes to 11-year-old Yusef Moalim on Tuesday. The new soccer shoes represent a more affordable lifestyle for families with the upcoming budget. THE CANADIAN PRESS

PCs release their own fiscal plan

ECONOMY

But Ceci says Albertans need help and deficit is inevitable

Lucie Edwardson
Metro | Calgary

With less than two days before the provincial government releases their annual budget, Alberta's Progressive Conservatives have released their own "fiscal plan to get Alberta back on track."

According to the PC party, they're introducing their plan as a "thoughtful and pragmatic approach" that differs from what they call and NDP budget containing "record deficits, skyrocketing interest payments and unbridled spending."

Interim party leader and finance critic, Ric McIver said his party is proud to launch their budget plan that would see Alberta return to surplus by 2019-20.

"Under our plan, we can achieve this without any cuts to the front line services that Albertans depend on. In fact, we believe it can be done without any front line wage rollbacks or layoffs," he said, adding the decision to freeze public sector wages for two years wouldn't be done lightly.

The PCs said their budget

BUDGET

Finance minister Joe Ceci will announce Alberta's 2017 budget March 16

- Both the PCs and Alberta Party have suggested a wage freeze for public sector workers
- The independent Working Group For The Alternative Alberta Budget said now is perfect time for Alberta to take on debt, stimulate economy and diversification

would limit spending increases to annual population growth and implement a two-year public sector wage freeze—something also suggested last April by the Alberta Party in their "shadow budget."

On Tuesday, Alberta's finance minister Joe Ceci said Thursday's budget will continue to focus on spending for front-line services, but will also show how Alberta is working to reduce costs and lower the deficit.

Ceci made the comments at a traditional pre-budget photo-op where the finance minister presents new shoes to wear on budget day.

This year, Ceci instead presented a new pair of soccer cleats to a youngster to symbolize Alberta's commitment to families.

WITH FILES FROM THE CANADIAN PRESS

Pipeline Expansion

Demand strong, Trans Mountain insists



Matt Kielyka
Metro | Edmonton

The decline of Alberta's oil industry has done little to quell demand for the Trans Mountain pipeline expansion, the company says.

According to a project update they put out last week, the 13 shippers that originally signed on to use the pipeline when it was first announced in 2012 remain committed de-

spite the massive downturn suffered by the industry over the last two years.

The shippers had the option to completely back out of the \$7.4-billion project but Trans Mountain spokesperson Ali Hounsell says customers have re-upped with the company with just a three per cent drop in anticipated volume.

"At the end of the day, the vast overwhelming volume stayed on that firm service," said Hounsell.

In a report released Monday, the Conference Board of Canada forecast a third straight year of losses for Canada's oil industry (\$1.1 billion dollars in 2017) but predicted it will bounce back starting in the fourth quarter due to rising oil prices and production.

The report said the approval of the Trans Mountain expansion was cause for optimism.

Hounsell said getting customers to re-commit to the project is a sign of a rebound-

ing economy.

"There have been a lot of changes in the market conditions over the last five years since we embarked on this project," she said. "Questions [of viability] were asked and I think this clearly answers that there is a desire and a need by customers for this project. They want that market access, they want to get to tidewater on the coast and open up opportunities and that demand is still in place today."

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Canada Revenue Agency

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Canada

Small comforts of home

EMERSON

Somali men share their journey amid game of Ladu



**Jessica
Botelho-Urbanski**
For Metro | Winnipeg

For refugee claimants arriving in Winnipeg, a board game made out of a bedsheet is providing a little bit of comfort while they stay at a homeless shelter.

Elmi, 35, and Sharmarke, 29, fled Somalia separately and met while on route to Emerson, Man. on March 1.

The Manitoba border town has seen more than 200 asylum seekers arrive since Jan. 1, according to data provided by the RCMP last week.

Elmi and Sharmarke are now staying temporarily at the Salvation Army Booth Centre, where as many as 90 refugee claimants have stayed per night since mid-February. That's the maximum number the Salvation Army can handle space-wise, said spokesman Sgt. Rob Kerr.

Those staying at the homeless shelter have sketched a game called Ladu onto a bedsheet in pen.

The sheet is strewn across the dining room table in the second-floor common area. They've scrounged up men from a leftover chess set and some spare change to use as game tokens.

The object of the game, they explain, is to move all your tokens around the board and



Elmi and Sharmarke met while walking to Emerson, Man. and are now staying at the Winnipeg Salvation Army as they await their refugee board hearings. JESSICA BOTELHO-URBANSKI/FOR METRO

find safety at the centre. You roll the dice (in this case, inside a plastic water bottle lid à la Yahtzee) and then move the allotted number of spaces while trying to evade your opponents.

"If we stayed in the United States, we don't have visas for the United States because of the new President Trump. That is why I run — because Donald Trump will do deportation," said Sharmarke during a Ladu game Friday.

Elmi said leaving Somalia was necessary for both men because "we've got troubles. Civil war."

Asked if they spent much time in the United States before heading north, Elmi said he

spent a "long time" in a detention centre in Nebraska. "Five hundred days," he repeated thrice for emphasis.

Not wanting to get detained, Sharmarke said he fled Minneapolis, Minn. after four months.

Now the former tomato and corn farmers want to move to Toronto, where Canada's Somali population is most concentrated.

Still, they have many questions about their new homeland: What's the name of the river? How long is it? Where's the hottest place in Canada? As for this latter question, they would like to move there because they hate Winnipeg's snow.

But first things first, they



Elmi moves his pawn around a Ladu board game set up at the shelter. JESSICA BOTELHO-URBANSKI/METRO

await confirmation of their refugee board hearing dates.

Elmi ultimately wins the 40-minute round of Ladu, while a half-dozen refugee claimants

sit in the adjoining living room. They're watching Public Safety Minister Ralph Goodale talk about their border crossings on TV.

IMMIGRATION

Feds must respond, IRB chief says

The Immigration and Refugee Board is doing its best to cope with a growing number of asylum claims in Canada, but the federal Liberals must take action as well before an unmanageable backlog gets created, the head of the IRB says.

The rapid pace of the increase in new claims sees the board — an independent tribunal that decides on immigration and refugee cases in Canada — potentially on track to receive 30,000 claims this year — triple the number lodged before it just four years ago.

"There is a limit to what you can do..." said IRB chairman Mario Dion of his agency's efforts in an interview with The Canadian Press.

"Efficiency has increased significantly, but there is no way we can deal with 30,000 cases when we're funded for about 17,000."

While the public eye is on the pressures being created by people crossing illegally into Canada in the last two months to seek asylum, claims before the IRB began rising in earnest in the last six months.

The board now anticipates their backlog could hit 30,000 cases this year and average wait times will increase by four to eight months, the board said in a report published late last week.

They are working to manage it. The board was given about \$4 million to handle an expected increase in claims from Mexicans after the government lifted visa restrictions on that country in December. THE CANADIAN PRESS

Islamophobia is on the rise nationwide



**Ryan
Tumilty**
Metro | Ottawa

From a man shouting at Muslims on a OC Transpo bus, to a deliberate fire at a Toronto mosque, to the shooting death of six men at evening prayers in Quebec City, the National Council of Canadian Muslims is tracking a worrying

upward trend in hate incidents.

The council, which has been tracking Islamophobic incidents across the country for five years, has recorded 20 incidents in 2017 so far, up considerably from the same time frame a year ago.

"Last year around this time we had 10 incidents of Muslim hate," said Sehrish Amjad, a human rights officer with the NCCM.

In total, the NCCM recorded 65 incidents in 2016 up from 59 in 2015. In all of 2014, they recorded 23 incidents and in 2013 they recorded just 12.

Amjad said some of the rise could be due to more reporting, but they believe U.S. President Donald Trump's divisive rhetoric is also fuelling the increase.

"It's hard to say for sure, definitely it may be the case that

people are reporting more, but we know hate crimes are still one of the most underreported types of crimes."

She said the incidents the NCCM tracks are reported to them, but are also confirmed with police or media reports.

"It shows that Islamophobia is an issue in our society and it needs to be condemned and it needs to be studied."

Canada's cities among most startup friendly



**Wankee
Li**
Metro | Vancouver

Vancouver and Toronto are among the most startup-friendly cities in the world and the best city for tech entrepreneurs in Canada, according to a new

Genome Startup report.

Vancouver ranked 15th in the world with highest number of startups per capita according to the report, with Toronto coming in 16th. Vancouver scored average on four out of five measures including talent and startup experience but came up big in the category 'global reach.'

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Trump set to roll back climate protections

ENVIRONMENT

Advocates fear assault on green laws and regulations

President Donald Trump is moving to roll back another one of his predecessor's strict environmental policies, setting up a possible dilemma for Prime Minister Justin Trudeau and again demonstrating his intention to free big companies from regulations on pollution and climate change.

The early words and deeds from Trump and his Environmental Protection Agency chief have provoked deep alarm among environmental advocates, who fear an unprecedented and world-damaging assault on green laws and rules. Tuesday validated their fears, and the week might get worse for them yet.

Trump's plan to abandon a Barack Obama commitment on car standards was announced by a White House official in the



Scott Pruitt is sworn in as the Environmental Protection Agency Administrator in Washington on Feb. 17, 2017. THE ASSOCIATED PRESS

evening. Seven hours earlier, the Axios news website reported that the administration was discussing EPA cuts even deeper than the 25-per-cent cut it has already floated.

In between, Bloomberg reported that Trump is planning to sign a "sweeping directive" that would not only begin the process of lifting Obama's restrictions on coal leasing and

emissions from power plants but also "dramatically shrink the role climate change plays in decisions across the government."

"In terms of our overall environmental program, both domestically and globally, I don't think there is any threat that has occurred since the creation of the Environmental Protection Agency which is so severe. I think this is perhaps the sin-

gular most important crisis so far in the 50-year-or-so history," said Walter Rosenbaum, a Florida environmental scholar who served as a special assistant at the EPA in the early 1990s.

Trump's EPA chief, Scott Pruitt, caused an uproar when he said he did not believe carbon emissions are the main driver of global warming, though they are. And a draft Trump budget would slash U.S. funding for Great Lakes restoration from \$300 million to \$10 million.

Trump has long rejected science on global warming. And he has made no secret of his disdain for the assertive Obama-era environmental policy many Republicans call improper overreach.

In one of Trump's first moves in office, he issued an order to pave the way for the approval of the Keystone XL oil pipeline. In February, he ordered the replacement of an Obama clean-water rule opposed by farmers.

He has not yet decided what to do on the global Paris climate agreement he promised to "cancel." TORSTAR NEWS SERVICE

LEAK

President's tax returns from 2005 released

The White House said Tuesday that President Donald Trump made more than \$150 million in income in 2005 and paid \$38 million in income taxes that year.

The acknowledgement came as MSNBC host Rachel Maddow said she has obtained part of Trump's 2005 tax forms, and prepared to discuss the document on her show.

The records have become highly sought-after because Trump refused to release his returns during the campaign. He claimed he was under audit by the Internal Revenue Service and said his attorneys had ad-

vised against it.

The White House pushed back pre-emptively Tuesday night, saying that publishing those returns would be illegal.

"You know you are desperate for ratings when you are willing to violate the law to push a story about two pages of tax returns from over a decade ago," the White House said.

The unauthorized release of federal tax returns is a criminal offence. But Maddow argued that MSNBC was exercising its First Amendment right to publish information in the public interest.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Fight against online hate

Germany's justice minister is proposing fines of up to 50 million euros (\$53 million) for social networking sites that fail to swiftly remove illegal content, such as hate speech or defamatory "fake news." The plan marks a further step in Germany's attempt to impose its domestic laws against incitement on the world of online chatter. AP

Anti-headscarf ruling facing criticism

Private businesses in Europe can forbid Muslim women in their employ from wearing headscarves if the ban is part of a policy of neutrality within the company and not a sign of prejudice against a religion, the EU Court of Justice said. Such a ban doesn't constitute "direct discrimination." Critics voiced fears that the decision risks becoming a setback to all working Muslim women. AP

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TWEET GOES VIRAL

SkipTheDishes apologizes for cancelled job interview

SkipTheDishes is apologizing for cancelling a job interview after a woman asked about wages and benefits. Taylor Byrnes of Winnipeg tweeted a screenshot Sunday of an email exchange with Victoria Karras, a talent acquisition co-ordinator with the online food delivery company.

"If I do end up filling this position, how much do you think I'll be getting

paid an hour?" Byrnes asked. "Benefits will also be included, right? Sorry, I just thought I should ask now. Thanks for your time and have a lovely day."

Karras said in her reply that the questions revealed the applicant's values were out of sync with SkipTheDishes. She called off a meeting that had been scheduled for Thursday.

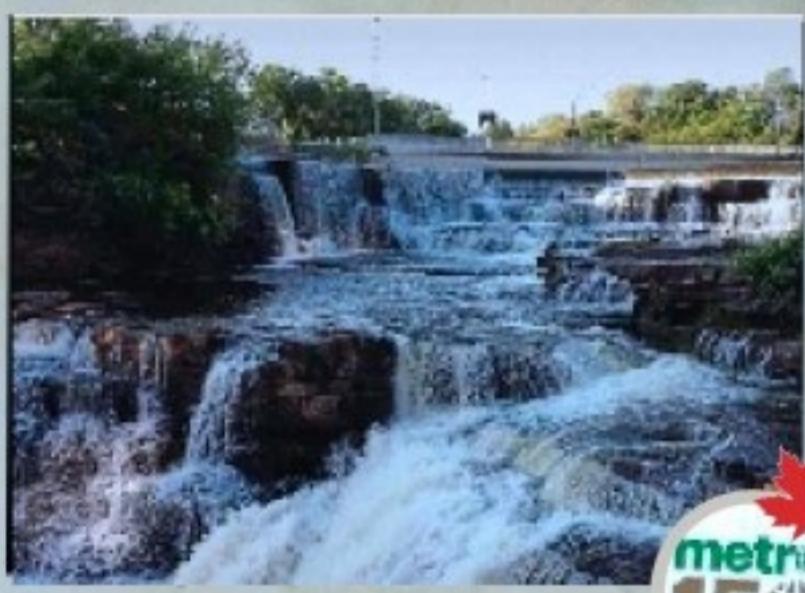
Byrnes tweet went viral. Some threatened to boycott SkipTheDishes.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 43

MISSISSIPPI FALLS, ALMONTE, ONT.



THESE ARE THE MISSISSIPPI FALLS IN BEAUTIFUL ALMONTE, ONT. THEY RUN ALONG MOST OF THE TOWN, GENERATE ENERGY AND THE BARLEY MOW HAS A GREAT PATIO OVERLOOKING THE FALLS. JESSICA AMICO

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EMPLOYMENT

Students need real-life work experience, advocates say

Expectations are running high that next week's federal budget will provide a more detailed federal strategy — and perhaps more cash — to help post-secondary students land real-life work experience in emerging, employee-starved fields.

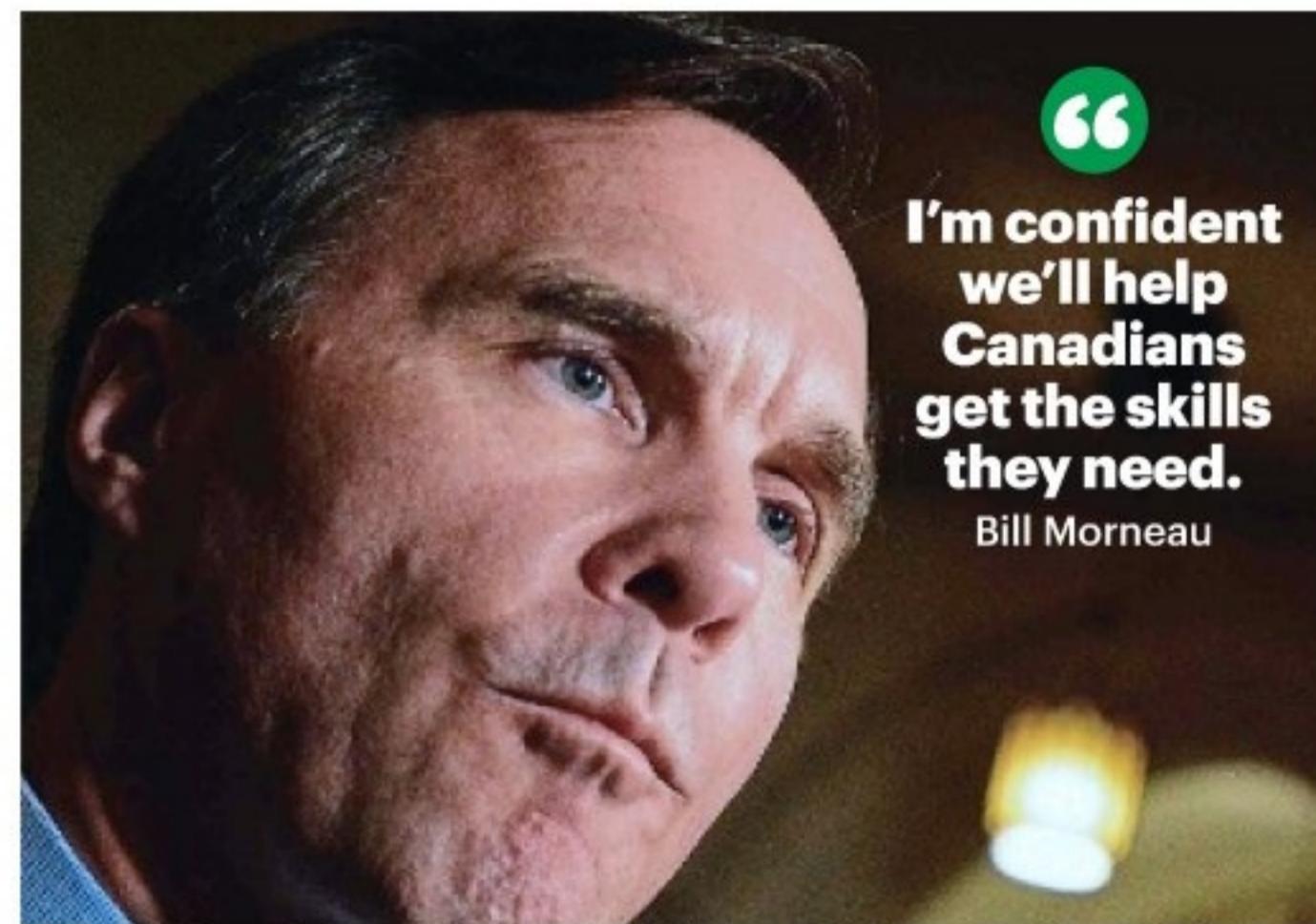
In last year's budget, Ottawa committed \$73 million over four years to fund an initiative aimed at ensuring that what's being taught inside the classroom is better aligned with the tech-related needs of the job market.

The government plans to launch the program this year — and advocates will be watching the March 22 budget for signs of a framework.

"Students today want to get their hands dirty as part of the university experience," said Universities Canada president Paul Davidson.

Last year, the government set aside money for new co-op

Hopes high for job skills help in budget



Finance Minister Bill Morneau says job skills will be "one of the key areas of focus" in the budget. THE CANADIAN PRESS

placements and work-integrated learning in anticipation of a program to encourage participation in "high-demand fields," such as science, technology, engineering, mathematics and business.

Finance Minister Bill Morneau's second budget comes amid growing awareness that a wide range of today's jobs will eventually be replaced by the rapid advance of new technologies, such as

automation and artificial intelligence.

Job skills will be "one of the key areas of focus" in the budget, Morneau said last week.

THE CANADIAN PRESS

PRIVACY

Sex-toy maker settles intimate data lawsuit

A Canadian vibrator maker accused of secretly tracking the intimate habits of thousands of its customers through a smartphone app has agreed to spend \$5 million US to settle a privacy lawsuit in the United States.

Under the deal, Ottawa-based Standard Innovation will

pay Americans who bought its We-Vibe sex toy before Sept. 26, 2016, up to \$199 US each. Users who controlled the vibrator via its We-Connect application will get up to \$10,000 US each — although the actual amounts in both cases are likely to be much lower.

The company, which denies any wrongdoing, will also have to destroy much of the personal data it had collected through the app. The data includes time and date of use, the user-selected vibration intensity level and pattern and the temperature of the device, according to court documents.

Company records indicate about 300,000 people bought a Bluetooth enabled We-Vibe product and more than 100,000 downloaded and used the app, an affidavit by the plaintiffs' lawyer, Eve-Lynn Rapp, states.

THE CANADIAN PRESS

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JESSICA ALLEN ON PALTROW AND PSEUDOSCIENCE



Gwyneth Paltrow looks pretty great in a red bikini on the April issue of *Women's Health*. But wherever the *Goop* founder goes, she is not only followed by cold-pressed juice and bergamot-cedar incense, but also controversy.

People, including those in the medical community, are outraged not because one of the bolded cover lines "Get. Her. Abs." in "just 3 moves" is a flat-out lie (tried it), but on account of an interview with the wellness guru titled "Gwynenergy!"

How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things — like vaginal steaming, and questionable practices like cupping — and not even hold her to account for her medically unsubstantiated beliefs?

There is literally an entire book dedicated to Paltrow's peddling of pseudoscience: Timothy Caulfield's *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*. The professor of health law and science policy at the University of Alberta recently told *Gizmodo*: "It's disappointing that a magazine called 'Women's Health' is embracing this science-free nonsense!"

The thinking goes: They should've known better. But maybe we should have, too.

For starters, a high school student could find the red flags: first, the interview was conducted by Paltrow's employee, Jean Godfrey-June, *Goop*'s beauty director. No wonder she didn't press her boss on the vagina steaming. And that it reads like an advertorial hawking *Goop*'s new line of supplements.

Second, in the interview's sidebar, titled "What's supp, doc?," an MD evaluates those supplements. But the doctor dabbles in so-called functional medicine, a controversial form of alternative medicine whose

How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things, like vaginal steaming?



Paltrow graces the April cover of *Women's Health*, angering some who say she is peddling pseudoscience with her *Goop* brand. AP

most famous practitioner, Mark Hyman, regularly appears on *The Dr. Oz Show*.

"Gwyneth and *Goop* do push things like real food, sleep and exercise, which is fantastic," Caulfield told *Gizmodo*. "But it is always wrapped in a blanket of pseudoscience."

Buy the \$72 scented candle, the \$195 Energy Clearing Kit that includes a feather fan and "1 shungite stone," and detox everything from your body save for your soul. But be weary of the *Goop* interview with a doctor who says: "I have yet to see an autoimmune disease that cannot be cured or put into remission by simple dietary changes and supplementation." (Tell that to my mother, who has Lupus.)

And since when did we consider *Women's Health* an arbiter of health science? Thirteen pages after Paltrow's "interview," a spread called "Practical Magic" provides tips on how women can tackle their health and beauty all in one go: facials plus healing crystals, laser hair removal

and Reiki. It makes another cover line on the issue, "How to Spot Fake Health News," all the more ironic.

Women's Health, whose founding editor was formerly of *Teen People*, is not a health journal. They promote alternative medicines, like acupuncture and chiropractics, and fad diets and workouts — think bone broth and Mama June's routine. So to feign shock over an interview in which Gwyneth says she wants to get to the bottom of why women are so exhausted (I have a few theories) and why she is "really interested in the impact of heavy metals and parasites on our bodies," seems pretty rich.

But things get richer. Compare the two April covers of *Women's* and *Men's Health*. Both target weight loss and how to get a ripped bod. Women get a "Sexy, Easy Hair" cover line and men get: "Lean, Tough, Fit!" Women get that spread on *Goop*'s new supplements and men get a special report on "Is your supplement toxic?"

It's a solidly scientific topic.

Medical studies, op-eds and reporting brought the issue of Big Vitamin taking on regulators to light. You couldn't pick up a paper or turn on a TV in 2013 without reading about not just the ineffectiveness of vitamin supplements but also their inherent dangers.

Pseudoscience is pushed on women all the time in the most inauspicious places. Take Saks Fifth Avenue's glossy Spring 2017 catalogue: Women are treated to a five-page spread on what jeans you should buy based on your zodiac sign, which lead me to ask two questions: How are men supposed to know what style of denim to wear? And why are they always targeting us with this garbage?

I can't answer the first question. But the second is obvious: we buy into it. Recent polls suggest that more women than men believe in astrology, take vitamins and supplements, and put stock in alternative medicines. But that for decades the media has hocked pseudoscience to women specifically makes the practice more complicated.

It's easy to laugh at Sean Spicer for not being media-savvy enough to know that *The Onion* is a satirical website. But whose fault is it if Gwyneth on the cover of a women's health magazine doesn't sound any alarms? Who's to blame for the orgasm-improving \$60 jade eggs that you stick into your vagina selling out on *goop.com*? For the 4,000-strong waiting list to secure one?

I'd like to blame the patriarchy, but I don't think it holds much sway over *Goop*. And even if the patriarchy came before the jade egg, I don't blame Gwyneth. She's just the messenger.

Jessica Allen is the digital correspondent on CTV's *The Social*.

VICKY MOCHAMA

Spoiler alert: It's your fault for not keeping up, not mine

Whether it is Romeo and Juliet, Harry Potter or the video for *Call Me Maybe*, I do not believe in spoilers.

A spoiler is a plot point that tells you how a story's narrative progresses or ends. For example, knowing the line "I see dead people" is kind of a spoiler for the movie *The Sixth Sense*.

Among civilized people, you're not supposed to spoil the plot. Tell someone that Matthew dies in *Downton Abbey* and you end up yelling at them that it aired five years ago while they pout about it. Half a decade apparently wasn't enough time for them to get caught up on a season three plot-point in a six-season TV show. Spoiler alert: the show goes on without him.

You can't talk about any cultural touchstone without providing a spoiler. I was describing *Carmen*, the opera, to someone when I found myself saying, "Spoiler alert: *Carmen* dies." *Carmen* has been performed at least a dozen times (give or take) since it debuted in 1875. Believe me, it ruins nothing of Bizet's magnificent score to say *Carmen* meets her end. Also, it's an opera: someone important has to die. It's opera law!

I find that as long as you don't tell people how and in exactly what order, the knowledge of the plot can actually increase the story's enjoyment. In 2011, researchers at UC San Diego found that people still



enjoy texts even when they know major plot points and how the story end. Their research found that participants actually enjoyed stories more when the plot had been spoiled for them.

Knowing the ingredients of a meal doesn't ruin it for you; rather, it gives you some flavours to look forward to.

And at this point, there is just too much culture. We can't tiptoe around plots because other people were "busy" at their "jobs" or whatever. Sometimes you just have to say: The world doesn't end in *X-Men: Apocalypse*.

Writers have some responsibility. In 2008, culture news and criticism website Vulture established its own statute of limitations for spoilers: it allows for unmarked spoilers in the text of an article on the Monday after a movie opens, but writers have to wait a month before putting spoilers in headlines. There are different rules for books and reality TV shows.

All of that is way too complicated. For my personal policy, however, I'll be reasonable. I will give you 24 hours. If within 24 hours, you have not viewed, read or listened to a piece of culture then you have not made it a priority.

Being into culture is a lot like texting while dating: if you don't get to it within a day, you were never that into it.

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Disney late to the ball on equality

CULTURE

'Gay moment' in Beauty and the Beast falls short for many

Jonathan Forani

life@metronews.ca

There's a moment at the end of Disney's live-action remake of *Beauty and the Beast* where the villain's chubby sidekick LeFou starts dancing with a man in drag. Though it lasts only a few seconds, it's been called a watershed moment for the entertainment conglomerate, and LeFou has been dubbed "Disney's first gay character."

Just as swiftly, it was ruled "adults-only" material in Russia and an Alabama drive-in declared it wouldn't screen the film. But even non-homophobes don't like it.

If LeFou's errand is to be the champion of the "love is love" generation of marriage equality and LGBTQ rights, for many Disney watchers he has not only failed, but is proof gay characters still can't crack the mainstream without a tired old stereotype being applied. For some, a bad representation is worse than no representation at all.

"At this point in 2017, praising a large corporation for doing the least possible in terms of including LGBTQ characters is a bit ridiculous," says Jنسine Jones, a Toronto podcaster who identifies as queer.

The film's openly gay dir-



LeFou, played by Josh Gad, (right) with leading man Gaston, played by Luke Evans. CONTRIBUTED

ector Bill Condon called it "a nice, exclusively gay moment" in an interview with *Attitude* magazine.

As characters gather for the ballroom celebration scene, LeFou begins dancing with a woman. Soon he transitions into the arms of a man named Stanley, who we met earlier when Stanley and two other men are suddenly clothed in dresses and makeup by an enchanted wardrobe. The other men are aghast, but Stanley smiles, delighted with the cross-dressing.

In the ballroom, LeFou and Stanley don't back away from each other, instead they continue to dance.

"It's a little too late, and a little too little, but it's better than nothing," says Nicholas Sammond, an associate professor of cinema studies at the University of Toronto. Though the small mo-

ment has caused a "hullabaloo" online, it's the hullabaloo that counts, he says.

"As with many things Disney, the conversation around it is probably as important as the event itself," says Sammond. "Particularly as we enter the era of Trump, it's good to have conversations about the degree to which representations of gay characters are positive and move us toward a more inclusive society."

That was the discussion in 2009 surrounding Disney's *The Princess and the Frog*, featuring the studio's first black princess. Though some dubbed it "unforgivably late" and "one-dimensional," others called the

At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars

Filmmaker John Greyson



MALAYSIA CENSORS SCENE

Walt Disney has shelved the release of *Beauty and the Beast* in mainly Muslim Malaysia, even though film censors said Tuesday it had been approved with a minor cut involving a "gay moment."

The country's two main cinema chains said the movie has been postponed indefinitely. Film Censorship Board chairman Abdul Halim Abdul Hamid said

he did not know why the film was postponed as it was approved by the board after a minor gay scene was axed.

He said scenes promoting homosexuality were forbidden and that the film was given a P13 rating, which requires parental guidance for children under 13 years of age. THE ASSOCIATED PRESS

Beyond, the "suddenly gay" Cary Grant in the 1938 comedy *Bring Up Baby*.

"At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars," jokes Greyson.

Some argue the LeFou storm is much ado about nothing and "it's just Disney," but for U of T's Sammond, that position is weak.

"When people say 'it's just Disney' they're ignoring a history that, for anxious parents in particular, is really significant," he says. "Disney has built its reputation as being good for children."

When new movies come out, parents often ask, will this be better for children's self-image?

The effect media has on children's lives is "notoriously impossible to gauge," says Sammond, but that doesn't mean moments like LeFou's gay dance should be brushed off.

"What matters more is that people believe it (affects their kids) and they bring that idea to their viewing of Disney films," he says. TORSTAR NEWS SERVICE



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Get Out's scary good run continues

TRENDS

Social horror rides Trump effect to blitz the box office

There have been monster gorillas and sharp-clawed superheroes at the box office this month, but the biggest beast of them all has been Jordan Peele's \$4.5 million, race-exploding thriller *Get Out*.

In just 16 days, Peele's low-budget self-described "social horror" film has already crossed the \$100 million mark. While *Get Out*, made by Blumhouse Productions and released by Universal Pictures, doesn't match the hefty global totals of *Logan* or *Kong: Skull Island*, few films can touch its extreme profitability—or its firm grip of the zeitgeist.

"*Get Out* isn't a Redbox, VOD, iTunes movie," Peele said recently. "If you don't see it with the theatre energy, you'll miss the full intended experience."

And moviegoers have taken the advice. *Get Out* made \$21.1 million in its third weekend, according to studio estimates Sunday, bringing its total to \$111



Get Out passed the \$100 million mark last weekend, reaching that milestone in 16 days. AP

million. Whereas most movies—especially horror films—drop considerably after opening weekend, *Get Out* has barely slipped. It dropped about 15 per cent after its first weekend, and 25 per cent after its second.

Get Out, which is the directorial debut of the former Key and Peele star, first led the box office the same weekend *Moonlight* won best picture at the

Academy Awards. It also follows the spectacular success of the Oscar-nominated *Hidden Figures*, which has made more than \$160 million since its debut.

For those who still cling to the old stereotype that films led by black actors are limited at the box office, 2017 is making an already difficult to defend notion downright ridiculous. And *Get Out* has done it without a big

name; it stars British actor Daniel Kaluuya as an African-American photographer whose white girlfriend (Allison Williams) brings him home to meet her family.

"It's time to put to bed the idea that movies with any kind of cast don't perform at the box office. The only thing audiences care about is whether a movie is good or not," says Paul Dergarabedian, senior media analyst

"TOO BLACK"

Kaluuya responds on role

Daniel Kaluuya, star of *Get Out*, has responded to Samuel L. Jackson's suggestion that a black American actor ought to have played his part. Kaluuya expressed admiration for Jackson but disagreed, saying he's had to wrestle with people calling him "too black." He said: "When I'm around black people, I'm made to feel 'other' because I'm dark-skinned."



THE ASSOCIATED PRESS

17 per cent Latino on opening weekend.

In some ways, *Get Out*—where deep and violent racism is papered over by smiles and protests of liberal enlightenment—suggests the movie theatre is already a different place since before Donald Trump's presidency. Peele conceived of his movie years ago as a rebuke to the Obama-era idea of a post-racial America, but it has struck many as an unusually timely film.

"*Get Out* shows how the public racism of (the civil rights era) has hidden itself by burrowing like a ravenous tapeworm into the bowels of America, growing fatter each year as it feeds off good intentions and bad faith," Kareem Abdul-Jabbar wrote in a Hollywood Reporter column that called *Get Out* 'Invasion of the Black Body Snatchers' for the Trump era.

The comedy website Funny Or Die made even more direct parallels, re-cutting the film's trailer to put Trump—who has defended himself as "the least racist person that you ever met"—in the father's role and Ivanka as the daughter. It's been watched by more than 3.6 million times. THE ASSOCIATED PRESS

for comScore. The success of *Get Out*, Dergarabedian says, has been driven by its quality (at 99 per cent fresh on Rotten Tomatoes, it's the best-reviewed film of the year), its capacity to entertain and its ability to remain in the conversation. "You can't just put this movie in a box," he says.

And audiences have been notably diverse, with 39 per cent black, 36 per cent white and



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Chicken and rice soup vs chicken corn chowder

A hearty soup doesn't have to be full of fat.

PICK THIS

Campbell's Chunky Chicken with Rice (per 250ml)

Calories 110
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SKIP THIS

Campbell's Chunky Chicken Corn Chowder (per 250ml)

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Fat 19g
Saturated Fat 4g
Sodium 850mg



HERE'S WHY

Equivalent in fat to 2 Grilled Chicken Sandwiches from Wendy's



A warm bowl of soup containing chicken and veggies is always comforting and satisfying. While both of these soups offer that, the cream in the Chicken Corn Chowder takes this from meal to mayhem, with over seven times more fat and three times the calories, simply due to the cream and butter. Using just broth as the base, the Chicken with Rice soup is sustaining without the extra calories and fat.

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Buttery scones that are fit for a saint

RECIPE

Moist and flaky Irish variation best served up with salty fish

Is it not enjoyable to take advantage of another culture's holiday to explore new recipes and treat yourself to something delicious? It is. And is St. Patrick's Day not right around the corner? As the Irish might say, 'tis.

Moist, biscuity Irish scones, lashed with rich butter and a few slices of smoked salmon, top many lists of Irish culinary yearnings this March 17.

European-style butter makes a big difference in this dish; it has a slightly higher butterfat content than everyday supermarket butter. If you're sticking close to the theme, look for good Irish butter.

As with biscuits or really any quick bread, the less you handle the dough, the better. Overmixing or kneading will activate proteins in the flour, toughening your resulting baked goods. The dough might seem sticky; just work quickly and make sure your work surface is well dusted with flour. Lightly dust the top of the dough, too, so your fingers won't stick to it.

These scones are not too sweet, as their intended filling is smoked, salty fish. For a sweeter plain scone, add another tablespoon or two of sugar.



These scones are not too sweet as their intended filling is smoked, salty salmon; if you're trying to be super authentic, source some wild Atlantic salmon — adored in Ireland. CONTRIBUTED

Irish Scones With Smoked Salmon

Makes 10

Ingredients:

- 3 cups all-purpose flour, plus more for patting out dough
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 3/4 cup (1-1/2 sticks) chilled unsalted butter, cut into pieces

Directions:

1. Heat oven to 400 degrees. Line a baking sheet with parchment. Lightly flour a
2. In large mixing bowl, stir together flour, sugar, baking powder and salt. Using a pastry cutter, two knives or your fingers, cut butter into flour mixture until mixture resembles coarse cornmeal, with no piece of butter larger than a pea.
3. In small bowl, combine milk and egg yolk. Stir into dry ingredients just until mixture comes together.
4. Turn dough onto floured work surface, and roll or pat out to 1-1/4-inch thick. Cut 2-1/2-inch circles with biscuit cutter, as close as possible to one another. Gently pat together scraps and cut out
5. Beat whole egg with 1 teaspoon of water in small bowl and brush lightly on tops of scones.
6. Bake until golden brown, about 15 minutes. Transfer to wire rack to cool.
7. Split scones in half, then spread with butter and layer bottom halves with salmon. Replace tops.

A CUT ABOVE

What does it mean to "cut" the butter into the flour mixture?

The butter is added cold, in small pieces, and is incorporated into the dry ingredients so that it is well distributed but maintains a pebbly texture.

That way, when the scones bake, the butter melts into the dough and creates flaky scones with tiny pockets of air to keep the texture light.

Use a pastry cutter, two butter knives or quick rubbing movements with your fingers to work in the butter without creaming it into the dough, which would create a denser scone.

another 2 or 3 circles. Place pieces on prepared baking sheet at least 1 inch apart.

5. Beat whole egg with 1 teaspoon of water in small bowl and brush lightly on tops of scones.

6. Bake until golden brown, about 15 minutes. Transfer to wire rack to cool.

7. Split scones in half, then spread with butter and layer bottom halves with salmon. Replace tops.

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RAPINI ON THE RISE

Green tries to put kale in the superfood shade

Rapini, a.k.a. broccoli rabe, is out to "rabe" kale of its superfood status.

To achieve this feat, marketers for D'Arrigo Brothers' Andy Boy brand have cooked up dozens of new

ways to prepare the former wild mustard green, which the original Andy Boy domesticated back in the 1930s.

Rapini contains more iron and fibre than kale, twice the zinc of Swiss chard, and beats spinach as a source of calcium. It's low in cal-

ories and high in Vitamin A, the anti-wrinkle vitamin. At nearly 93 per cent water, it also helps us feel full longer.

This powerful green adds a bold flavour to classic Italian recipes like hearty pasta with sausage.

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A slice of the black stuff

RECIPE

Guinness adds creamy, intense depth to cake

Ricardo Larrivée
life@metronews.ca

Happy St. Patrick's Day everyone! While I love green beer as much as the next guy, I like to celebrate Canada's Irish heritage with a bit more of a sophisticated flavour profile — what they like to call 'the black stuff.'

Enter my ooey, gooey chocolate-overload Guinness cake — you've never tasted anything like it. The addition of a generous pour of Guinness to the batter is the secret to this knockout cake's deeply caramelized flavour and melt-in-your-mouth texture. The crumb is moist and dark, but heavy and satisfying at the same time.

The ganache adds a whole other layer of intensity; also spiked with stout, it's creamy and intense and the malt flavour blends with the cocoa to up the chocolatey power even more.

Chocolate Guinness Cake

Makes 12 servings.

Ingredients:

- 3 cups (450 g) all-purpose flour (more for pans)
- 2 tsp baking soda
- 1-1/4 cups (280 g) unsalted butter (more for pans)
- 1-1/4 cups (310 mL) Guinness beer or a local stout
- 1 cup (100 g) cocoa powder



This Guinness cake is a gooey chocolate overload. CONTRIBUTED

- 1-1/2 cups (315 g) lightly packed brown sugar
- 1/2 cup (105 g) sugar
- 1/2 tsp salt
- 3 eggs, lightly beaten
- 3/4 cup (180 mL) sour cream

For the ganache:

- 16 oz (450 g) dark chocolate, chopped
- 1/2 cup (125 mL) Guinness stout
- 2/3 cup (150 mL) 35% heavy cream
- 1/4 cup (60 mL) light corn syrup
- 1/2 cup (115 g) cold unsalted butter, diced

Directions:

1. With the rack in middle position, preheat oven to 350 F (180 C). Line two 8-inch (20 cm) springform pans with parchment paper. Butter and flour the sides.

2. In a bowl, combine flour and baking soda. Set aside. In a saucepan over medium heat, melt the butter with the beer and cocoa powder, stirring with a whisk. Let cool.

3. In a large bowl, combine brown sugar, sugar and salt. With a whisk, add the lukewarm butter mixture alternately with dry ingredients and eggs.

4. Add sour cream and stir until mixture is smooth. Divide batter among pans and bake for about 50 minutes or until a toothpick inserted into the centre of each cake comes out clean. Unmould and cool.

5. To make the ganache, place the chocolate in a bowl.

6. In a saucepan, bring beer, cream and syrup to a boil. Remove from heat and pour over chocolate. Let stand for 1 minute.

7. With a whisk, gently stir mixture until the chocolate has completely melted. Add the butter and stir until smooth. Refrigerate for 1 hour or until the ganache is spreadable but not too thick. If needed, microwave a few seconds at a time and stir until spreadable.

8. Cut and discard the rounded tops of each cake. Spread one-quarter of the ganache onto one layer.

9. Top with the second cake layer and frost with the remaining ganache.

TORSTAR NEWS SERVICE

DRINKING

Ireland the perfect gateway to whiskey

Irish whiskey used to be the liquor world's original two-party system. You could have a Jameson. Or you could have a Bushmills.

Those days are well and truly over. With 30-something choices at the LCBO, alone, lucky revellers this St. Patrick's Day will have no shortage of options for when they want to raise a glass of Irish. That's a fraction of what's available globally, of course. Abroad, we'd be able to sample one of several new releases: Roe & Co., a premium blend, Trader Joe's own brand or, for music fans, the Pogues' own signature brand, which still hasn't reached our shores.

But back to Jameson for a moment. To a sizable degree, Jameson is responsible for the Irish whiskey boom.

Many bartenders still make it their shot of choice because of its blue-collar appeal (it's like Pabst Blue Ribbon for beer drinkers). And it's because of that blue-collar thing that Jason Masse, head bartender at Allen's, one of Toronto's best-known Irish bars, says Jameson was always more popular than Bushmills.

"I think Jameson is still the go-

to in that it's the original and I think it was most people's first foray into Irish whiskey," Masse says. "Irish has certainly

come a long way, though, and there's certainly a much more diverse selection now."

Masse has seen a tremendous uptick in patrons looking to try something new. He says you can't ever go wrong with Redbreast, which he calls "quintessential Irish."

Like something more complex and creamy? Then Green Spot is your ticket. And for people who favour simplicity, a straight-up, classic, sweet flavour profile of Writers Tears is perfect. Masse says it's hard to err with Irish, which is why, whenever he has a guest who wants to learn about whiskey, he almost always starts them with that spirit.

"It's generally very smooth," he says. "It's the perfect gateway whiskey."

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Rogue refresh won't unseat rivals



REVIEW

Superficial updates not enough to take the top spot

 **Dan Ilika**
AutoGuide.com

The Nissan Rogue has gone from afterthought to in demand, climbing the sales charts to crack the top-five best-selling CUVs in Canada and the United States.

That means the Rogue is rubbing fenders with the likes of the Ford Escape and Honda CR-V. But as overhauled versions of both hit dealer lots in recent months — and a new Mazda CX-5 on its way in the near future — the Rogue seems suddenly outdated.

Which is where this mid-cycle refresh comes in. The Rogue looks even more like a baby Pathfinder than before, but Nissan definitely played it safe with the update.

The cabin has been spruced up, slightly, to include a new flat-bottom steering wheel, as well as a new center console design, a new shifter, and some updated trim panels on the doors and dash. The fabric used on the seats has also been replaced, while a fancy new trim package adds quilted leather upholstery to top-of-the-line SL models.

Our tester came finished in mid-grade SV trim, which leaves a lot to be desired. There's plenty of hard touch plastics and the fabric on the seats doesn't feel great either. Making matters

worse is the Rogue SV's basic infotainment system. With a five-inch display in the dash, what you see is what you get and what you get is little more than audio and rearview camera functionality.

The interior of the Rogue SV has comfortable seats that come heated up front and a sliding second row that offers plenty of legroom. The Rogue can move a family of four with ease. It's also capable of squeezing an extra passenger or two thanks to the available third row of seats, making the Rogue the smallest three-row crossover on the North American market.

Stick to a five-passenger configuration and there's a decent amount of cargo room in the Rogue. The seats-up space is on par with the likes of the 2017 CR-V, though the Honda does offer more room with them folded.

None of the Rogue's mechanics were changed as part of the refresh, which means the same four-cylinder engine carries over for 2017. Output is respectable, however, the Rogue's continuously variable transmission whines and moans like a cat in heat during acceleration. Thankfully the Rogue's cabin is pretty quiet otherwise, without much road noise making it inside.

As for the ride itself, it's a little stiff and truck-like, but does pretty well to absorb bumps in the road. The steering is a little vague, but the variable steering ratio is an added bonus and gives it a lighter feel at lower speeds, making it easier to maneuver.

With an updated look and little else, the 2017 Nissan Rogue isn't likely to unseat the segment-leading CR-V any time soon.

THE CHECKLIST | 2017 NISSAN ROGUE

THE BASICS

Engine: 2.5 litre four-cylinder

Output: 170 horsepower, 175 pound-feet of torque

Transmission: Continuously variable auto

Fuel Economy (L/100 km): 9.6 city, 7.4 highway (AWD)

Price: \$35,793 as-tested (destination included)



LOVE IT

- Updated styling
- Reasonable ride

LEAVE IT

- Outdated infotainment system
- Pricey Star Wars package (pictured left)
- Whiney CVT

INNOVATION

New Cadillacs can 'talk' to other cars on the road

 **Jason Siu**
AutoGuide.com

The Cadillac CTS sedan now comes standard with Vehicle-to-Vehicle (V2V) communications.

Beginning with 2017 interim model year cars that are in production now, the Cadillac CTS can share information that can be used to alert drivers to upcoming potential hazards.

The American automaker's V2V solution uses Dedicated

Short-Range Communications (DSRC) and GPS, with the potential to handle 1,000 messages per second from vehicles up to nearly 1,000 feet away. That means the sedan can prompt alerts for hard braking, slippery conditions and disabled vehicles ahead of time, giving ample warning to the driver.

For example, when the car approaches an intersection, the system scans the vicinity for other vehicles and tracks their positions, directions and speeds with alerts appearing in the in-

strument cluster and available head-up display. Owners can customize these alerts that appear on their Cadillac user experience infotainment system.

Unfortunately only vehicles

equipped with compatible V2V systems will be able to communicate with one another, but the technology is expected to roll out from more automakers in the coming years.

Multiple V2V-equipped vehicles are able to create an ad hoc wireless network to transfer information without relying on



Cadillacs with V2V technology are now in production. HANDOUT

Formula 1 legend unveils dream car



X-TRAIL

Doggone Nissan

Nissan has introduced a new concept tailored for our furry friends, the X-Trail 4Dogs.

No this isn't a joke. Nissan is incorporating accessories for your four-legged pet. In the rear of the X-Trail 4Dogs concept, the automaker has added a quilted cargo area, a shower, a spill-proof water bowl and a treat dispenser. There's a ramp to allow dogs to enter easily and a special clip for harnesses. The 360 shower wraps around the dog so the user doesn't get wet, while a built-in blowdryer nozzle is handy to get rid of the wet-dog smell. There's even a 10-inch screen so they can see what the passengers are doing. This also allows the driver to check on the dogs from the cockpit. Sadly, it's unlikely this concept will make it to production. JASON SIU/AUTOGUIDE.COM

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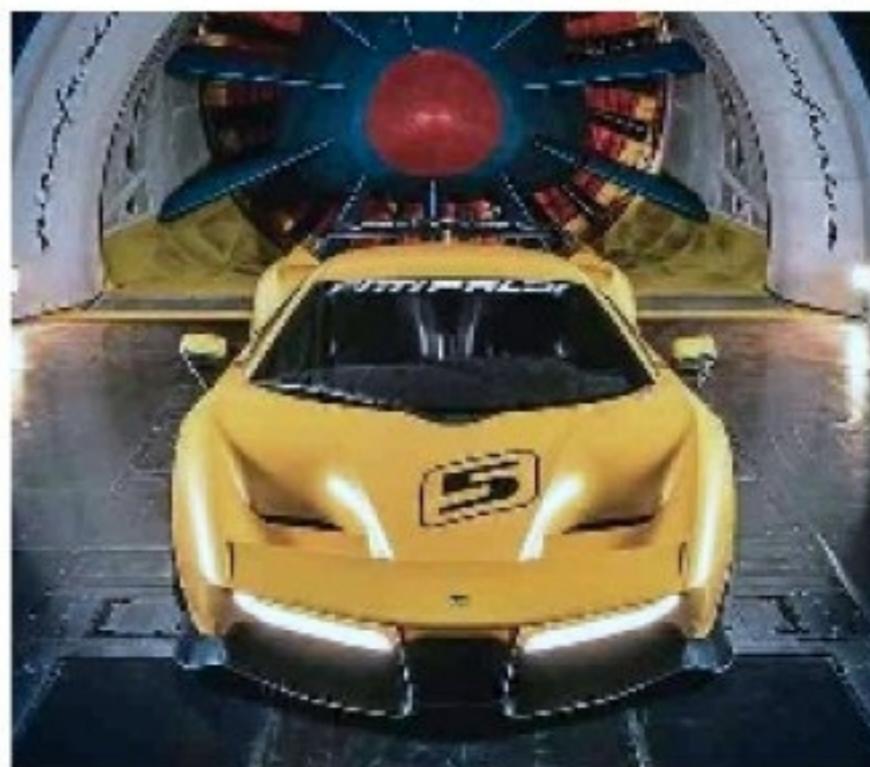
Let's get phygital

Indian automaker Tata Motors has introduced the sub-brand Tamo at the Geneva Motor Show.

The first of Tamo's innovations is Racemo, a two-seater sports coupe the company calls the first globally developed "phygital" car, merging the physical and digital worlds. Thanks to Microsoft, the Racemo is also India's first connected car, bringing alive connected technologies like cloud computing, analytics, geo-spatial and mapping, as well as human-machine interface. There's also a race version called the Racemo+. JASON SIU/AUTOGUIDE.COM



GETTY IMAGES



FITTIPALDI

Vision in yellow

Formula 1 legend Emerson Fittipaldi just unveiled the car of his dreams, the Fittipaldi EF7 Vision Gran Turismo at the Geneva Motor Show.

Fittipaldi partnered with Pininfarina, the Italian carrozzeria, and German engineering firm HWA AG on the superconcept. The sculpted all-carbon shape is staggeringly pretty, ruthlessly functional and focused in racy kinda way. The EF7 promises professional level performance. It will have a limited production run with bespoke options; it's unlikely two EF7s will be alike. MICHAEL ACCARDI/AUTOGUIDE.COM

Civic: Lost in transformation

Whenever we see a concept or prototype for a new model reveal, it's likely we'll be disappointed by the real deal. When we first saw the Civic Type R prototype, we were blown away — the way

Honda transformed the mainstream Civic compact sedan into something more sinister and bad-ass was jaw-dropping, but in the back of our minds, we knew not all aspects would make the production version. Here's how the prototype compares to the real thing. **SAMI HAJ-ASSAAD** AUTOGUIDE.COM

1 Side markers

The amber corner lights on the production model were slick-looking and tinted black on the prototype.

2 Front intake

The lower front intake is smaller on the production version, or at least the lighter paint job makes it look less intimidating.

3 Bumper openings

The gills on the side of the intake seemed larger and more pronounced on the prototype.

4 Headlight washer

The production version has bumps hiding headlight washers, while the sleek prototype didn't.

5 Red exhaust tip

While both have three exhaust exits, the prototype had a metallic red center exhaust that's missing here.

6 Ground effects

Both cars feature a serious ground effects package. However, on the prototype, the front splitter, rear diffuser and side skirts were all carbon fibre — with the production model using a look-alike material.



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FOOTBALL

Laval's Auclair draws American interest

The calculated gamble Antony Auclair took on himself is paying immediate dividends.

The Laval Rouge et Or tight end performed admirably at his pro day Monday in Quebec City despite a hamstring injury. Afterwards, Auclair said he'd been invited to visit with five NFL teams leading up to next month's draft in Philadelphia.

Auclair's agent, Sasha Ghavami, said Tuesday eight teams now want to meet with his client and wouldn't be surprised if that number swelled to double digits.

I think I'm lucky because not many players get this chance.

Antony Auclair

been lucky in that he's never really been injured in football so he's never had to battle that adversity per se in his career. I think (Monday) was a good test of that." THE CANADIAN PRESS

"It was kind of unorthodox to do it that way (compete despite injury) but it worked out for the best," Ghavami said. "The scouts were all very happy with how he did and were really impressed with his toughness.

"One thing that kind of opened my eyes came Saturday when a team asked Antony in an interview if he'd ever been hurt. Antony has

NHL OILERS OFFENCE FIRES ON ALL CYLINDERS

Stars goaltender Antti Niemi and the Oilers' Benoit Pouliot track a loose puck at Rogers Place on Tuesday night. Patrick Maroon scored a goal and added an assist, and Cam Talbot made 22 saves in the Oilers 7-1 victory. JASON FRANSON/THE CANADIAN PRESS



NFL

Seahawks beef up backfield with Lacy

The Seattle Seahawks are hoping Eddie Lacy can be motivated by a one-year contract to rediscover the form that made him the 2013 Offensive Rookie of the Year.

The Seahawks and Lacy agreed to terms on a one-year deal Tuesday, providing Seattle a big body for a run game that was once the best in football but lagged last season following the retirement of Marshawn Lynch.

"I like that we're bringing in a big, tough guy that's going to send a message the way he plays the game," Seattle coach Pete Carroll said in an interview



with KIRO-AM, the Seahawks flagship station, on Tuesday.

Lacy was the top offensive rookie four years ago when he rushed for 1,178 yards and 11 touchdowns. He also ran for more than 1,100 yards in 2014, but has since been slowed by injuries and lost favour with Packers coach Mike McCarthy at times.

THE ASSOCIATED PRESS

BASEBALL IN BRIEF

Jays fall short vs. Red Sox

Steve Selsky's two-run double in the bottom of the eighth inning led the Boston Red Sox to a 5-4 win over the Toronto Blue Jays in pre-season baseball action Tuesday.

Melvin Upton Jr. and Mike Ohlman both hit solo home runs for Toronto, while Darwin Barney drove in a pair of runs on a sacrifice fly and RBI single.

Danny Barnes took the loss for Toronto (5-11).

THE CANADIAN PRESS

Japan moves closer to WBC championship round

Tetsuto Yamada hit two home runs to lead Japan to an 8-5 win over Cuba in the World Baseball Classic on Tuesday.

Two-time champion Japan improved to 2-0 in Pool E and can advance to the March 20-22 championship round in Los Angeles with a win over Israel (1-1) on Wednesday. The top two teams in the group advance.

THE ASSOCIATED PRESS

Villanova feeling the pressure to repeat

MARCH MADNESS

Florida was last school to go back-to-back in 2006, '07

Kris Jenkins buried the three-pointer that sparked book deals, red carpet photo ops, a White House trip, a handful of award banquets and hundreds of perks that come with winning a national championship.

But the national title did come with a tinge of pressure that lingered into this season — can Villanova beat the odds and become the first back-to-back national champs in 10 years?

"It's always a reminder that everybody expects you to do it again," coach Jay Wright said. "That's part of the challenge. When people say it's hard to re-



Villanova players celebrate after Kris Jenkins sank the championship-winning three-pointer to defeat North Carolina last year in Houston. RONALD MARTINEZ/GETTY IMAGES

peat, that's part of why it's hard to repeat, is because you have to deal with those expectations all the time, those constant reminders of last year."

The reminders of April were impossible to ignore this season.

We're not afraid of failure ... as long as we play hard for each other, we're good.

Villanova coach Jay Wright

shot at basketball history has helped drive the Wildcats (31-3) toward becoming the first repeat champs since Florida in 2006 and 2007.

Led by coach Billy Donovan, the Gators were loaded with NBA talent and the five starters from the '06 team bypassed the pros for a chance to repeat. Joakim Noah, Al Horford and Corey Brewer sacrificed NBA riches and helped the Gators breeze through the regular season and earn the No. 1 overall seed in the NCAA Tournament. Florida beat Ohio State in the title game and became the first program since Duke in 1992 to repeat.

"Anytime you win like that, and you have your whole starting team come back, the expectations change, and in a lot of ways, you get critiqued under a microscope, and sometimes, that can take the joy out of it," Donovan said.

The Wildcats, who won Big East season and tournament titles, are the first defending champs to earn the tournament's overall top seed since Florida in 2007. THE ASSOCIATED PRESS

NBA

LeBron triple-double blows away Pistons

LeBron James got his 52nd career triple-double, Kyrie Irving scored 26 points and the Cleveland Cavaliers used a blazing start to overpower the Detroit Pistons 128-96 on Tuesday night.

James picked up his 10th triple-double of the season and third in the last four games at the 3:45 mark of the third quarter. In only 28 minutes, the four-time MVP finished with 16 points, 11 rebounds and 12 assists.

Cleveland had lost four of five, but James helped them cruise in this one. He even overpowered a teammate at one point, flattening Irving while grabbing a rebound in the third quarter. James helped Irving to his feet then dribbled the ball up the floor.

Cleveland's hot shooting buried Detroit early. The

TUESDAY In Cleveland

128 96
CAVALIERS PISTONS

Cavaliers made their first 10 3-pointers and started by hitting 22 of 25 shots for a 60-33 lead early in the second quarter.

Iman Shumpert scored a season-high 18 points for Cleveland, which is 3-5 in March but still leads Boston by 2 1/2 games for the best record in the Eastern Conference.

Tobias Harris led Detroit with 17 points. The Pistons are seventh in the East but are in a tight battle with several teams for a playoff spot.

THE ASSOCIATED PRESS

IN BRIEF

Ovechkin ends drought in Caps victory over Wild

Alex Ovechkin ended the longest goal-scoring drought of his career as the Washington Capitals held on to beat the Minnesota Wild 4-2 Tuesday night and snap a season-worst four-game losing streak.

Ovechkin hadn't scored in 10 games before firing a one-timer by Devan Dubnyk in the second period. Nate Schmidt, Evgeny Kuznetsov and Jay Beagle also scored for the NHL-leading Capitals. THE ASSOCIATED PRESS

Nadal sinks Verdasco in 3rd round at Paribas Open

Rafael Nadal defeated Fernando Verdasco 6-3, 7-5 in the third round of the BNP Paribas Open on Tuesday for his 50th career victory at the desert tournament.

Nadal closed out the 90-minute match in 95-degree heat with a forehand winner. The three-time tournament champion could next face Roger Federer, who played American Steve Johnson later. THE ASSOCIATED PRESS

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9	1	3	7	2	6	5	8	4
8	6	5	1	4	9	7	2	3
2	7	4	5	3	8	6	9	1
4	2	7	8	6	3	1	5	9
5	3	6	9	1	4	2	7	8
1	9	8	2	7	5	3	4	6
3	5	1	4	8	2	9	6	7
7	4	2	6	9	1	8	3	5
6	8	9	3	5	7	4	1	2

Foxes into last 8 and dreaming even bigger

CHAMPIONS LEAGUE

Longshot kings Leicester put two past Sevilla to progress

The fairytale rise of Leicester touched new heights on Tuesday when the English champion reached the Champions League quarter-finals for the first time with a 2-0 home win over Sevilla.

Leicester's 2-1 deficit from the first leg in southern Spain was turned into a 3-2 victory on aggregate at an atmospheric King Power Stadium thanks to Wes Morgan's close-range strike in the 27th minute and Marc Albrighton's goal in the 54th.

Sevilla — which had playmaker Samir Nasri sent off in the 74th minute on his second booking for a headbutt — would have taken the game to extra time if Steven N'Zonzi had converted a penalty in the 79th. Instead, it was saved by Kasper Schmeichel, who made amends for giving away the spot kick.

Exactly two years ago, Leicester was in last place in the Premier League after a draw with Hull. Now, as the unlikely champion of England after winning last season's Premier League at odds of 5,000-1, the previously unheralded club from central England can look forward to being involved in Friday's quarter-finals draw in the Champions



Leicester's Marc Albrighton scores his team's second goal in the second leg against Sevilla.

MICHAEL REGAN/GETTY IMAGES

League with the likes of giants Barcelona, Real Madrid, Bayern Munich and Juventus

Sevilla was looking to qualify for the Champions League quarter-finals for the first time but couldn't match the intensity of the home side. As for Leicester, life just gets better in its first season in Europe's top club competition. This was its third straight win under new boss Craig Shakespeare since last season's title-winning coach Claudio Ranieri was fired.

No team is likely to feel comfortable in the cauldron that is the King Power Stadium on nights like these. "Let slip the dogs of war," urged a message

on a giant banner behind one of the goals before the match. It was a line from 'Julius Caesar,' a play by William Shakespeare — the English playwright who has the same surname as Leicester's new manager.

Shakespeare recently took over from Claudio Ranieri, the coach who orchestrated Leicester's sensational Premier League title triumph but was fired because the team had found itself fighting a relegation battle in its championship defence.

Shakespeare has three wins from three matches in charge, and has got the team playing back at last season's levels.

"We tried to make it as un-

IN TURIN

Paulo Dybala's penalty earned a 1-0 win (3-0 on agg.) for Juventus over 10-man Porto in Tuesday's other Champions League quarter-final.

Dybala converted from the spot in the 42nd after Maxi Pereira was sent off for handling on the goal line.

comfortable as we could for Sevilla," said Shakespeare, who was pictured on that banner holding a dog on a leash.

THE ASSOCIATED PRESS

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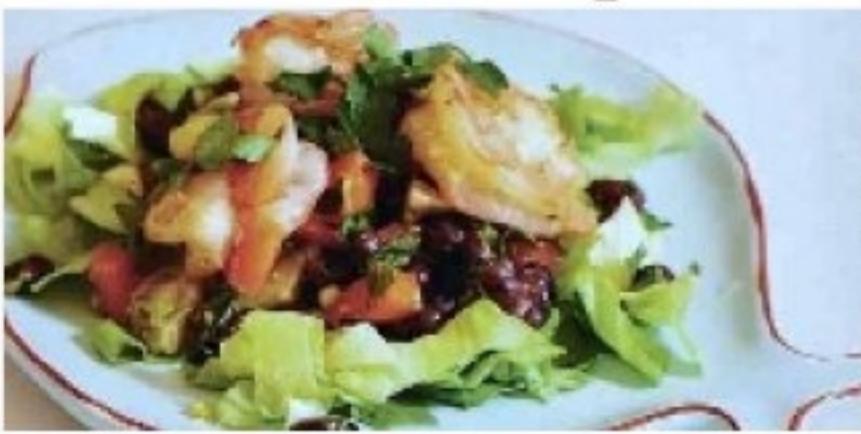


PHOTO: MAYA VISAYA

Ceri Marsh & Laura Keogh
For Metro Canada

If you keep frozen shrimp in the freezer, you're one step closer to a fibre- and protein-rich dinner salad

Ready in 1 hour

Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 1 Tbsp lime juice
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 cloves of garlic minced
- couple of grinds of black pepper
- 1 pound large shrimp
- 4 or 5 wooden skewers
- 2 or 3 cobs of corn
- 1 x 19 ounce can black beans
- 1 red pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced
- 4 Tbsp vegetable oil
- 3 Tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1 head Boston lettuce,

washed, spun and chopped

Directions

1. Mix vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak skewers.
2. Oil grill and turn on high. Place corn on top and cook 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk oil, lime juice, salt, cumin and pepper. Dress the bean mixture.
3. Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow to cool slightly before sliding them off the skewers.
4. On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

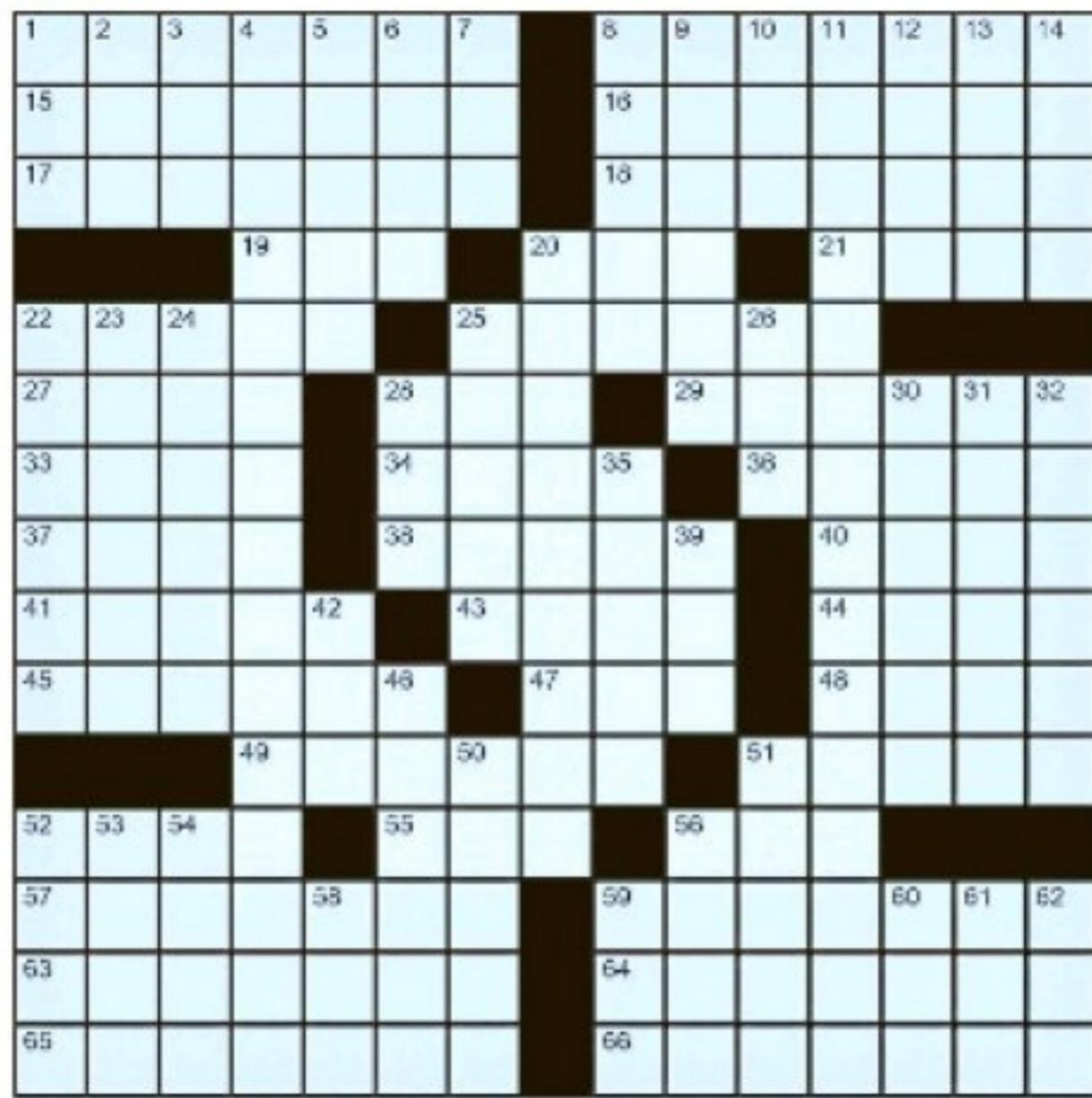
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "The ___ Always Rings Twice" (1981)
8. Cheekier
15. Castle fortress town in Portugal near the Spain border
16. Get
17. Nicely-illuminated
18. Vocalist's spans
19. Old music high note
20. "Face/Off" (1997) director John
21. One of a breath mint brand
22. Be noncommittal
25. Van Morrison song
27. Gym activity [abbr.]
28. Singers Scary or Sporty
29. Like 'light' food
33. Coca-__
34. Ons opposites
36. Clay-upon-clay creation
37. Gentleman's gesture, ___ of the hat
38. Badger
40. ___ go Bragh!
41. Actress, ___ Campbell-Martin
43. Ostrich-like bird
44. AD = ___ Domini
45. Canyon communicator
47. Former
48. Red ___ Alberta
49. Who? What? Where? When? Why?: 2 wds.
51. ___ River, Nunavut
52. Not kosher
55. '80s scandal-ridden televangelism org.
56. '100 Years...'



movie org.
57. Natural home in the environment
59. "Star Trek: Voyager" actress Kate
63. TV personality/actress Carmen
64. Stopped, as production: 3 wds.
65. Variant-spelled

namesakes of baseball great Mr. Jeter
66. Blue box items

DOWN

1. Hound's 'hand'
2. Corrida cheer
3. T-shirt size
4. Variant-spelled

4. 1900-built heritage site in Whitehorse that was a communications hub: 2 wds.
5. Thousand: French
6. Sarah McLachlan tune
7. Natalie Cole's father
8. Sweeper

9. Move away in shock
10. Play part
11. Uniquely-named beacon in PEI overlooking the Northumberland Strait: 3 wds.
12. Bee's abode
13. Best ___ (Greatest)
14. Breather

20. It's a call in the wild: 2 wds.
22. ___ Strait (It separates Haida Gwaii and mainland BC)
23. Demi Moore's dancing style in "Strip-tease" (1996)
24. "Yum-yum!"
25. Hold over
26. Headshakes
28. Gang
30. Art of "The Honeymooners"
31. Fashioned as some skirts
32. Edgar Allan Poe poem
35. Covers the falcon's eyes
39. Small amount
42. First three vowels
46. Campground for certain campers, curtly: 2 wds.
50. Singing legend Ms. James'
51. Piano's B key alternatively: letter + wd.
52. "Kathy Griffin: My Life on ___-List"
53. Rattling breathing sound
54. Celebrity hairstylist Jose
56. Car
58. Transport for T.O. commuters
59. Literary fairy queen
60. Early-60s singer Mr. Donner
61. 'Client' suffix (Patronage)
62. Scale amts.

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid squabbles about money and shared property today, because they quite likely will be nonproductive. Who wants to get involved with this? Not you.

Taurus April 21 - May 21
For most of this day, the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. This simply requires a little patience and co-operation.

Gemini May 22 - June 21
Do what you can to clean up your act and get better organized today. However, don't be too pushy about it, or you might get into an argument with someone at work.

Cancer June 22 - July 23
Romantic partners will have to be patient with each other today. Likewise, parents will have to be patient with their kids, because there will be moments of tension. Oh dear.

Leo July 24 - Aug. 23
You might want to hide or coo at home today. This is just fine. Nevertheless, avoid squabbles with a female family member. Keep a low profile.

Virgo Aug. 24 - Sept. 23
You are highly charged with energy today, especially when dealing with siblings and daily contacts. Remember to listen to others. Take it easy.

Libra Sept. 24 - Oct. 23
You have strong feelings about your money, your cash flow and your possessions today, which is why you might get into an argument with someone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which brings you a little bit of extra good luck. However, this can create arguments with partners and close friends. Stay chill.

Sagittarius Nov. 23 - Dec. 21
You feel restless today. And because you feel restless, you might be mildly short-tempered with someone. Maintain your cool today. (You'll be glad you did.)

Capricorn Dec. 22 - Jan. 20
A conversation with a female acquaintance or friend will be significant today. What you want to do is avoid an argument, because that's not fun. Be cool.

Aquarius Jan. 21 - Feb. 19
Disagreements with bosses and parents might break out at some point today. Don't say anything you will later regret. Be smart.

Pisces
Feb. 20 - March 20
This is an argumentative day for many people, because the Moon is opposite Mars. Don't get sucked in by this. Be your cool, sweet and charming self.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

2	1		5	
9	4	2	6	8
	3	7	1	
8	5		7	
1	4		8	
	7	3	2	
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2	8	5	3	1
6		1	9	

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